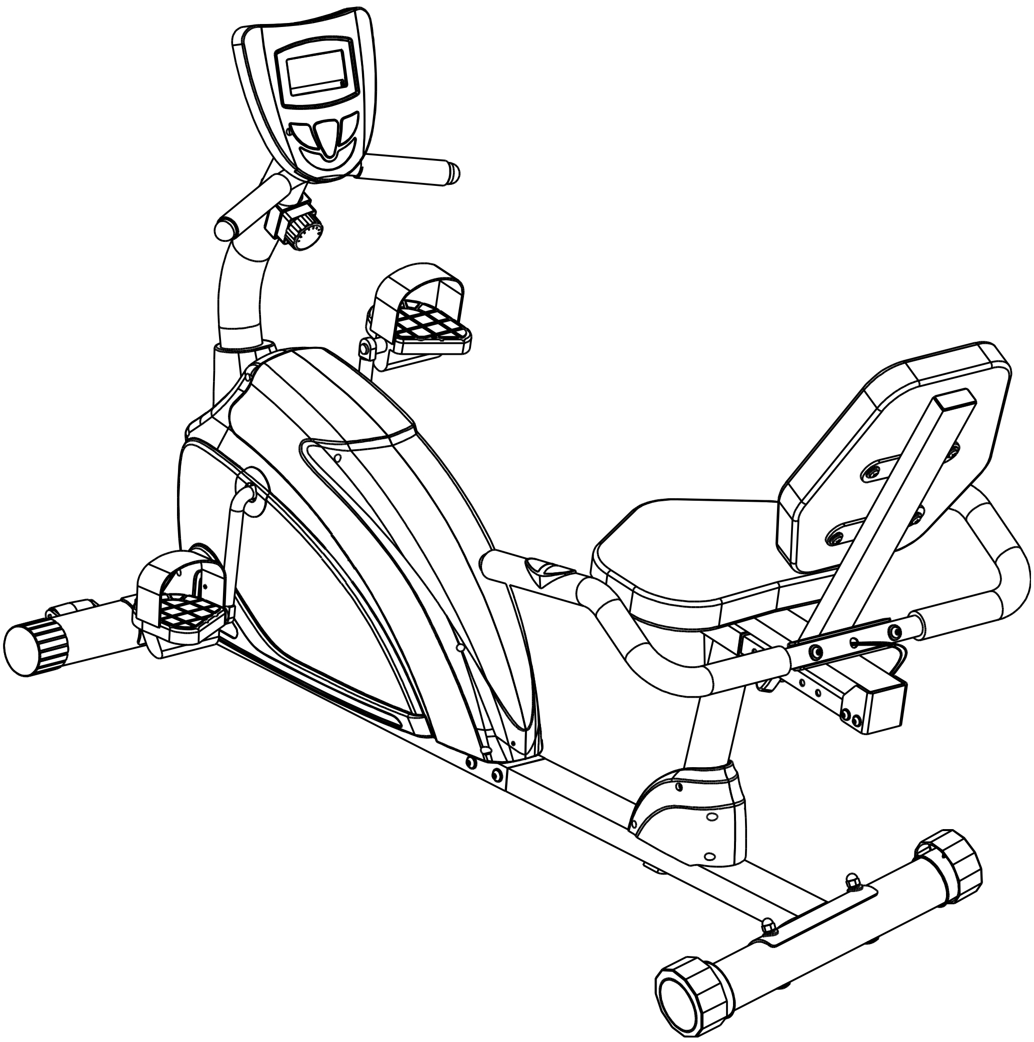
EXERPEUTIC
THERAPEUTIC FITNESS

RECUMBENT BIKE

ITEM NO.: 1111



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo, subject to change without

notice.

IMPORTANT: FOR NORTH AMERICA ONLY

To request product service and order replacement parts, please call our customer service department at:

1-866-924-1688

Monday through Friday, 8:00 AM-5:00 PM Pacific Standard Time,

or email us at: service@paradigmhw.com

Please visit our website at www.paradigmhw.com.

Please have the following information ready when requesting for service:

Your name
Phone number
Model number
Serial number
Part number
Proof of Purchase

*Before returning this product to the store please contact customer service at the contact number.

Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748, USA

TABLE OF CONTENTS

THREE YEAR LIMITED WARRANTY

Paradigm Health & Wellness, Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in according to Paradigm's Owner's Manual. Paradigm's obligation under this warranty is limited to replacing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the product is warranted to be free from defects for 3 (three) year. All parts and workmanship, including upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required. This warranty is offered only to the original owner and is not transferable.

Ordering Replacement Parts

Replacement parts can be ordered by calling or emailing our customer service department

service@paradigmhw.com

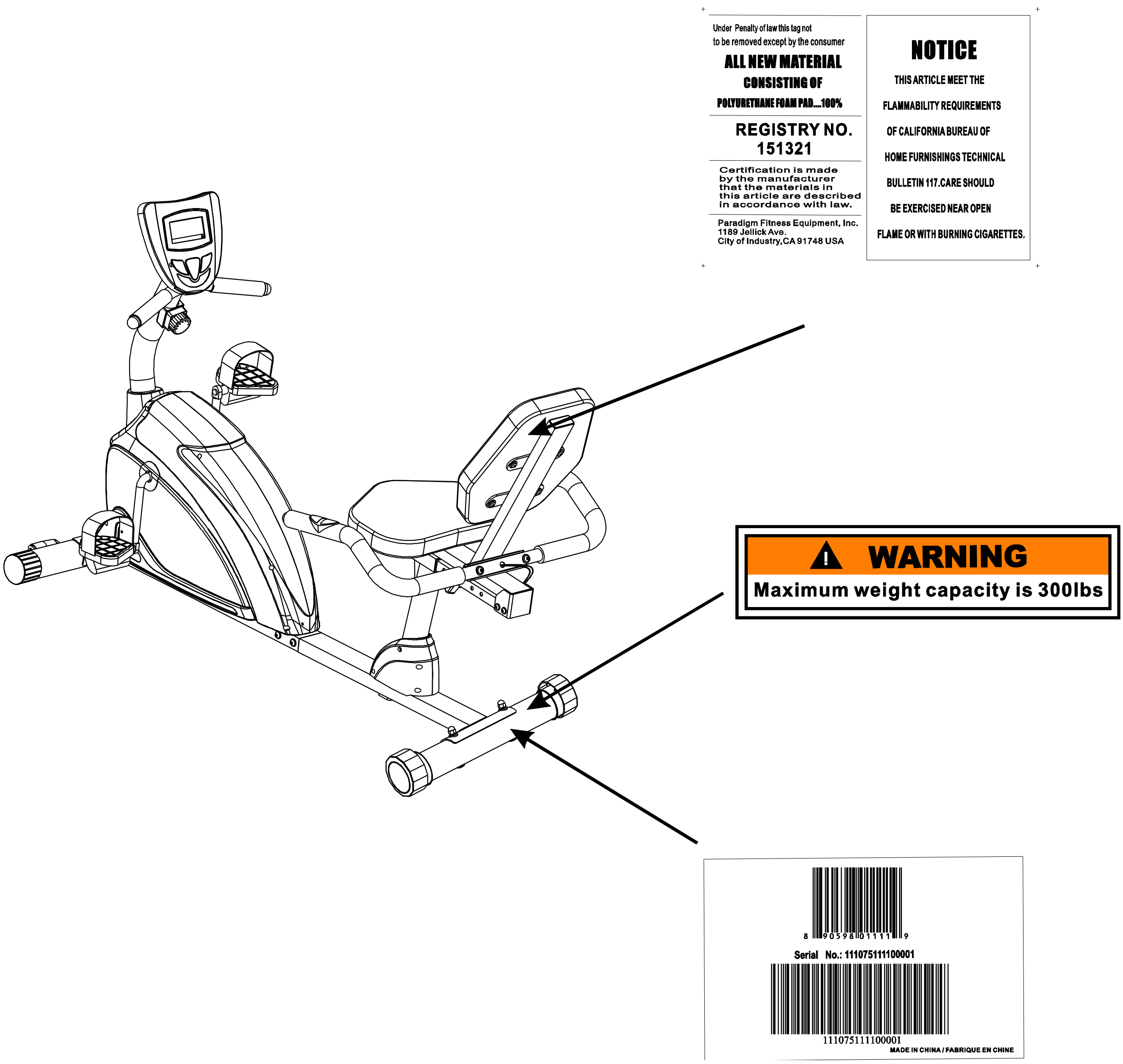
1-866-924-1688

Monday through Friday, 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. Owner's Manual
2. Model Number
3. Description of Parts
4. Part Number
5. Date of Purchase

WARNING LABEL PLACEMENT



IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this product.
2. Before exercise, in order to avoid injuring your muscles, warm-up exercise for every muscle group is highly recommended. Please refer to the Warm Up and Cool Down Routine page for pre and post workout.
3. Please make sure all parts are not damaged and functioning before use. This product should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative.*
6. Be careful when stepping on or leaving the pedals. Make sure to hold on to the handlebars when mounting and dismounting. When mounting, make sure the pedal is at its lowest point before you step on. While in use, please onto the handlebars and use both the pedals and the handlebars in tandem to insure a smooth, effective workout.
7. Do not use the product outdoors.
8. This product is for household use only.
9. Only one person should be on the product while in use.
10. Keep children and pets away from the product while in use. This machine is designed for adults only. This product requires a minimum of 6 feet of space for safe operation.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop Exercising immediately and consult your physician before continuing.
12. The maximum weight capacity for this product is 300 lbs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

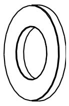
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Back and Seat Support Bracket 53x23x2.0	1	027	Wire Plug Ø12.1	2
002	Front Stabilizer Ø60x1.5x380	1	028	Bolt M8x18	1
003	Rear Main Frame	1	029	Locknut M6	2
004	Rear Stabilizer Ø60x1.5x480	1	030	Bolt M8x70	4
005	Front Main Frame 80x40x2	1	031	Spring	1
006	Front Handlebar Post Ø50x1.5	1	032	Cap Nut M8	6
007	Seat Cushion	1	033	Left Cover	1
008	Back Cushion	1	034	Right Cover	1
009	Computer (JVT29121)	1	035	Screw ST4.2x25	8
010	Handlebar Foam Grip Ø30xØ24x510	2	036	Bolt M5x25	1
011	Hand Pulse Sensor	2	037	Adjustable Bolt M6x33	2
012	Round End Cap for Handlebar Ø25x1.5	4	038	Big Curve Washer Ø5	1
013	Handlebar Ø25x1.5	1	039	Bolt M5x10	4
014	Tension Control Knob	1	040	Tension Cable L=1000mm	1
015	Seat Sliding Tube 23x53x1.5	1	041	Axle Bush	2
016	Left Cover Cap Ø60xØ24x2	1	042	Bearing	2
017	Round Knob M16x1.5	1	043	Axle Sleeve I 15/16"	1
018	Right Cover Cap Ø60xØ24x2	1	044	Nut 7/8"	1
019	Front Handlebar Foam Grip Ø30xØ24x160	2	045	Washer Ø34.5xØ23x25	1
020	Nylon Nut M8	2	046	Crank Ø200	1
021	Bolt M6x15	8	047	Flywheel Ø230	1
022	Backrest and Seat Support Bracket End Cap 23x53x1.5	1	048	Idle Wheel Bracket	1
023	Bolt M8x15	16	049	Bolt M8x30	2
024	Washer Ø8	18	050	Front Stabilizer End Cap Ø60	2
025	Curve Washer Ø8	10	051	Transport Wheel Ø23xØ6x32	2
026	Screw ST4.2x20	2	052	Nut M6	2

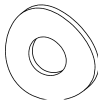
PARTS LIST

No.	Description	Qty	No.	Description	Qty
053	Nut M10x1xB10xØ20	2	067	Pan Head Phillips Self Drilling Screw ST4.2x15	1
054	Bushing	2	068	Hand Pulse Sensor Wire L=650mm	2
055	Middle Section Hand Pulse Sensor Wire	2	069	Pan Head Phillips Self Drilling Screw ST4.2x25	6
056	Idle Wheel	1	070	Bolt M8x45	2
057	Rear Stabilizer End Cap Ø60	2	071	Bolt M6x48	2
058	Washer Ø6	8	072	Axle Sleeve II	1
059	Right Foot Pedal YH-30X	1	073	Washer 7/8"	1
060	Left Foot Pedal YH-30X	1	074	Front Handlebar Post Cover	1
061	Sensor with Wire L=500mm	1	075	Right Rear Main Frame Cover	1
062	Belt 360J6	1	076	Left Rear Main Frame Cover	1
063	Extension Wire L=350mm	2	077	Triangle Knob M12x33	1
064	Extension Sensor Wire L=350mm	1	078	U Bracket	2
065	Extension Hand Pulse Sensor Wire L=1800mm	2	079	Spring Washer Ø6	2
066	Triangle Knob M12x27	1			

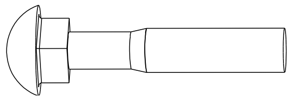
HARDWARE PACKING LIST



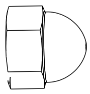
(24) Washer
Ø8



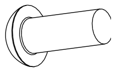
(25) Curve Washer Ø8
6 PCS



(30) Bolt M8x70
4 PCS



(32) Cap Nut M8
6 PCS

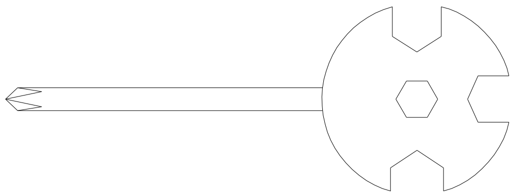


(70) Bolt M8x45
2 PCS

TOOLS

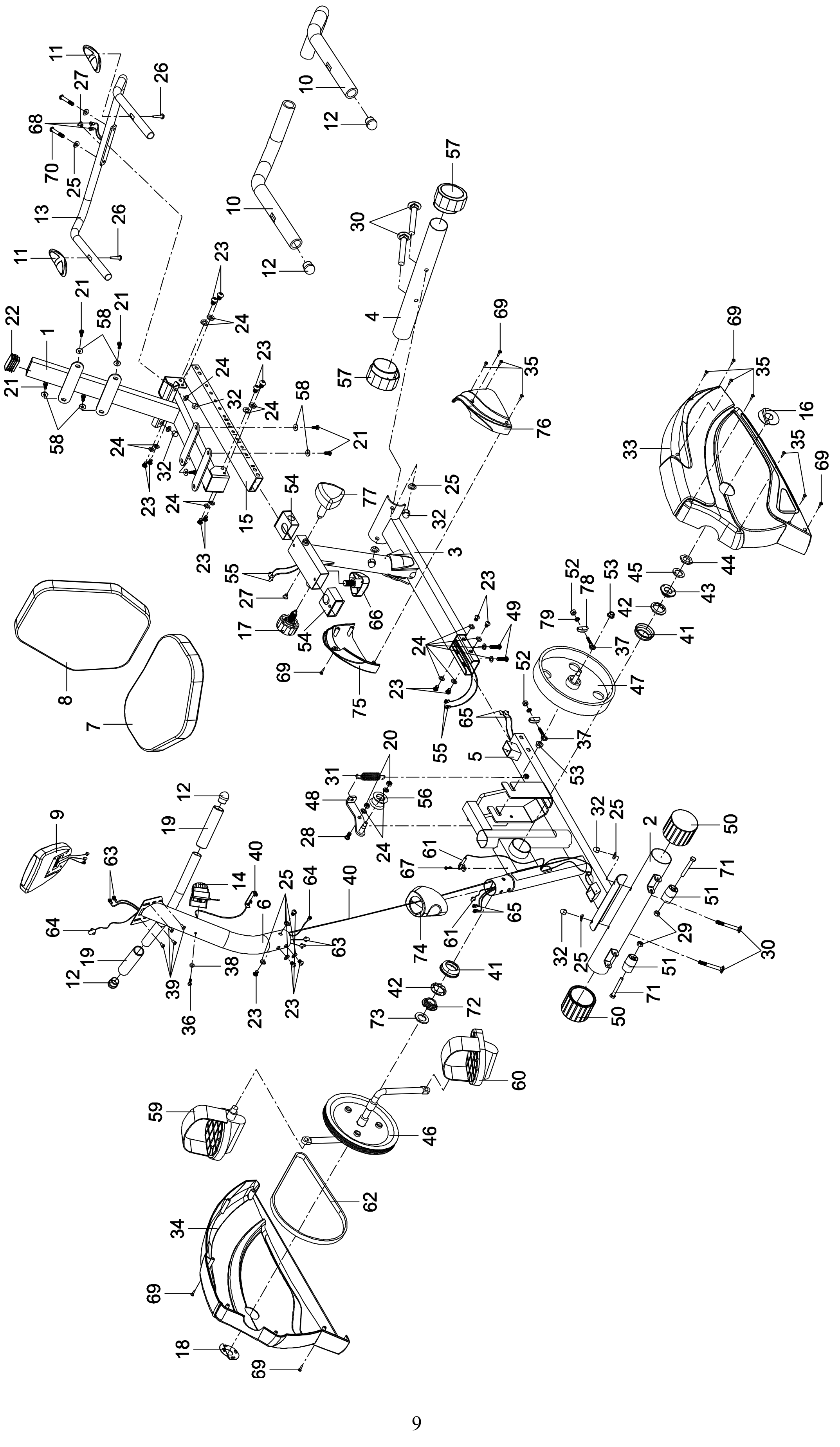


Allen Wrench S6
1 PC

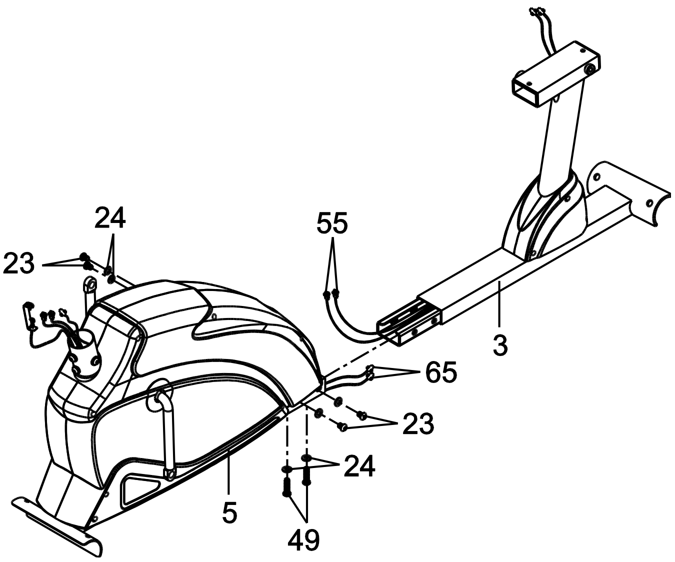


Multi Hex Tool with Phillips Screwdriver
1 PC

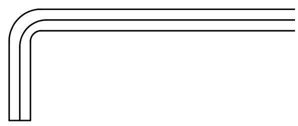
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:



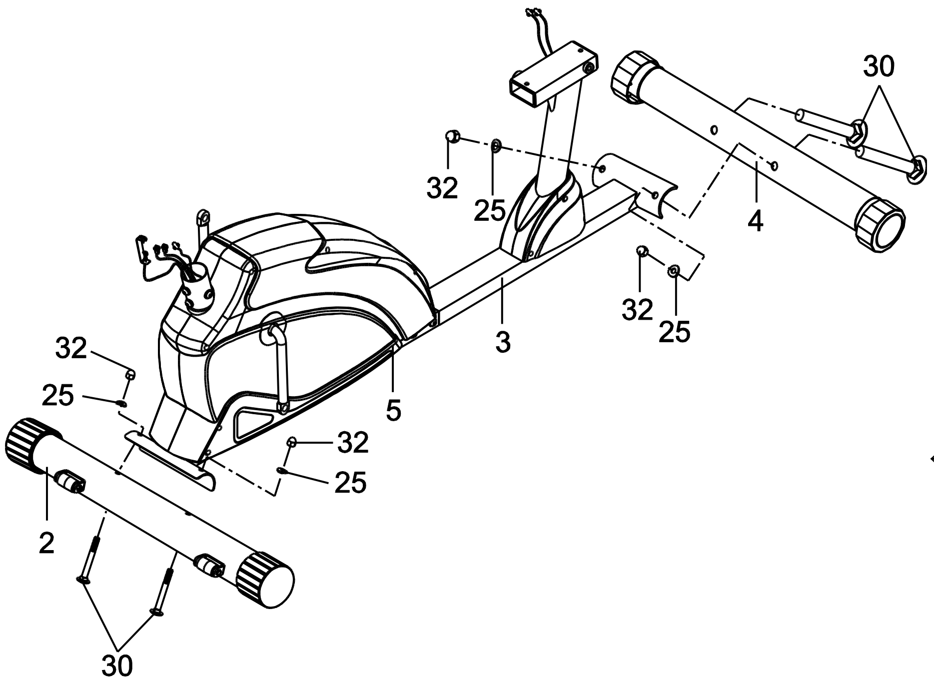
Allen Wrench S6

1. Rear Main Frame Installation

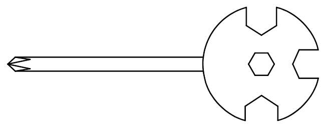
Remove two M8x30 Bolts (49), four M8x15 Bolts (23), and six Ø8 Washers (24) from the Rear Main Frame (3). Remove bolts with the Allen Wrench provided.

Connect the Middle Section Hand Pulse Sensor Wires (55) from the Rear Main Frame (3) to the Extension Hand Pulse Sensor Wires (65) from the Front Main Frame (5).

Attach the Rear Main Frame (3) into the Front Main Frame (5) with two M8x30 Bolts (49), four M8x15 Bolts (23), and six Ø8 Washers (24) that were removed. Tighten bolts with the Allen Wrench provided.



Tool:



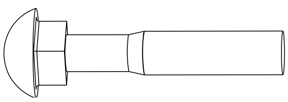
Multi Hex Tool with Phillips Screwdriver

2. Front and Rear Stabilizers Installation

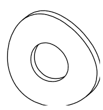
Position the Front Stabilizer (2) in front of the Front Main Frame (5) and align bolt holes. Attach the Front Stabilizer (2) onto the front curve of the Front Main Frame (5) with two M8x70 Bolts (30), two Ø8 Curve Washers (25), and two M8 Cap Nuts (32). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Position the Rear Stabilizer (4) behind the Rear Main Frame (3) and align bolt holes. Attach the Rear Stabilizer (4) onto the rear curve of the Rear Main Frame (3) with two M8x70 Bolts (30), two Ø8 Curve Washers (25), and two M8 Cap Nuts (32). Tighten cap nuts with the Multi Hex Tool with Phillips Screwdriver provided.

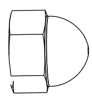
Hardware:



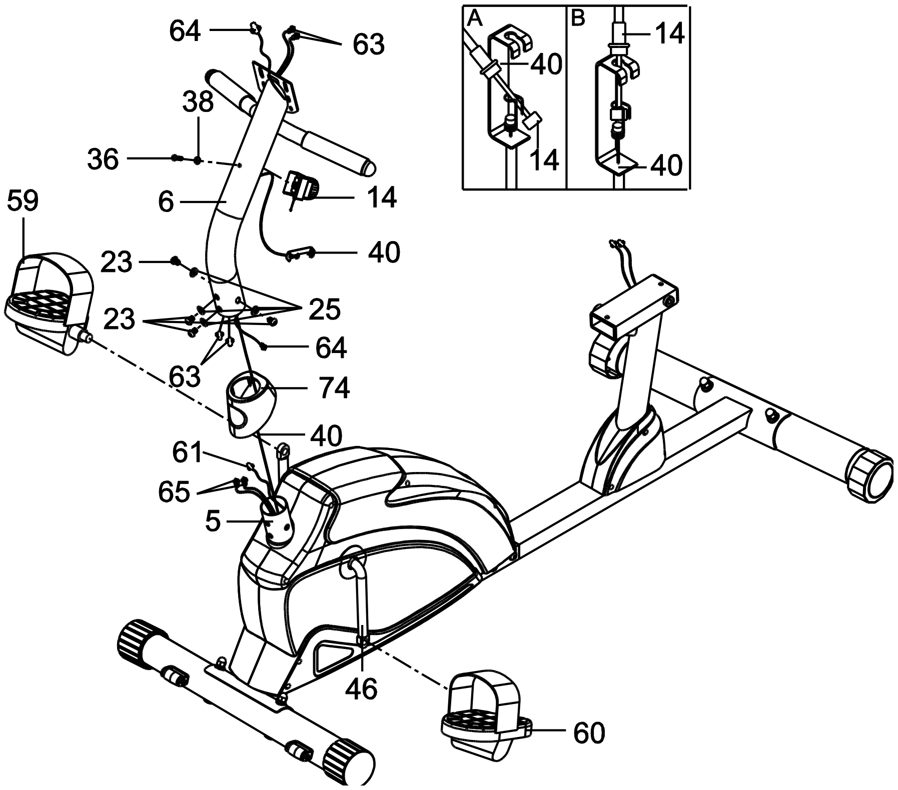
4 Bolts (M8x70)



4 Curve Washers (Ø8)



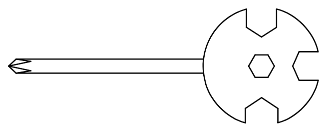
4 Cap Nuts (M8)



Tool:



Allen Wrench S6



Multi Hex Tool with Phillips Screwdriver

3. Front Handlebar Post and Foot Pedal Installation

Remove four M8x15 Bolts (23) and four Ø8 Curve Washers (25) from the Front Main Frame (5). Slide the Front Handlebar Post Cover (74) up to the Front Handlebar Post (6). Insert the Tension Cable (40) through into the bottom hole of Front Handlebar Post (6) and pull it out from the square hole of Front Handlebar Post (6). Connect the Sensor Wire (61) and Extension Hand Pulse Sensor Wires (65) from the Front Main Frame (5) to the Extension Sensor Wire (64) and Extension Wires (63) from the Front Handlebar Post (6). Insert the Front Handlebar Post (6) onto the tube of the Front Main Frame (5) and secure with four M8x15 Bolts (23) and four Ø8 Curve Washers (25) that were removed. Slide the Front Handlebar Post Cover (74) down to the Front Main Frame (5). Remove the M5x25 Bolt (36) and Ø5 Big Curve Washer (38) from the Tension Control Knob (14). Put the cable end of resistance cable of Tension Control Knob (14) into the spring hook of Tension Cable (40) as shown in drawing A of figure 3. Pull the resistance cable of Tension Control Knob (14) up and force it into the gap of metal bracket of Tension Cable (40) as shown in drawing of figure 3. Attach the Tension Control Knob (14) onto the Front Handlebar Post (6) with the M5x25 Bolt (36) and Ø5 Big Curve Washer (38) that were removed.

The Cranks, Foot Pedals, Pedal Shafts and Pedal Straps are marked “R” for Right and “L” for Left.

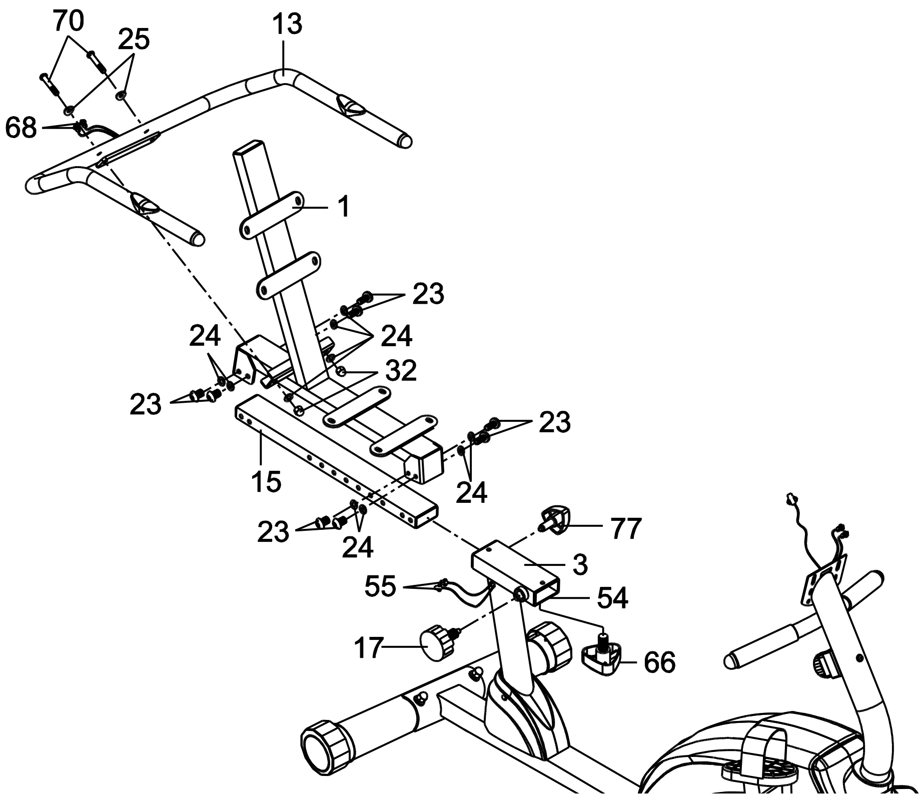
Insert the pedal shaft of Left Foot Pedal (60) into threaded hole in the left Crank (46). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

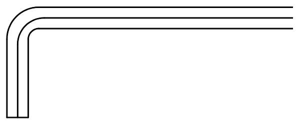
Tighten the pedal shaft of Left Foot Pedal (60) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (59) into threaded hole in right Crank (46). Turn the pedal shaft by hand in the clockwise direction until snug.

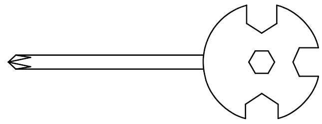
Tighten pedal shaft of Right Foot Pedal (59) with the Multi Hex Tool with Phillips Screwdriver provided.



Tool:



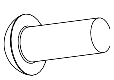
Allen Wrench S6



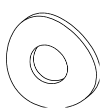
Multi Hex Tool with Phillips Screwdriver

4. Seat Sliding Tube, Back/Seat Support Bracket, and Handlebar Installation
Remove eight M8x15 Bolts (23) and eight Ø8 Washers (24) from the Back/Seat Support Bracket (1) and Seat Sliding Tube (15). Remove bolts with the Allen Wrench provided.
Insert the Seat Sliding Tube (15) into the Bushings (54) of the Rear Main Frame (3).
Attach the Seat Sliding Tube (15) to the Back and Seat Support Bracket (1) with eight M8x15 Bolts (23) and eight Ø8 Washers (24) that were removed. Tighten bolts with the Allen Wrench provided.
Adjust the seat position and insert the Round Knob (17), M12x33 Triangle Knob (77), and M12x27 Triangle Knob (66). Turn the Round Knob (17), M12x33 Triangle Knob (77), and M12x27 Triangle Knob (66) in the clockwise direction to tighten.
Attach the Handlebar (13) onto the Back and Seat Support Bracket (1) with two M8x45 Bolts (70), two Ø8 Curve Washers (25), two Ø8 Washers (24), and two M8 Cap Nuts (32).
Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.
Connect the Middle Section Hand Pulse Sensor Wires (55) from the Rear Main Frame (3) to the Hand Pulse Sensor Wire (68) from the Handlebar (13).

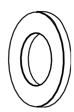
Hardware:



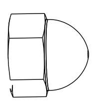
2 Bolts (M8x45)



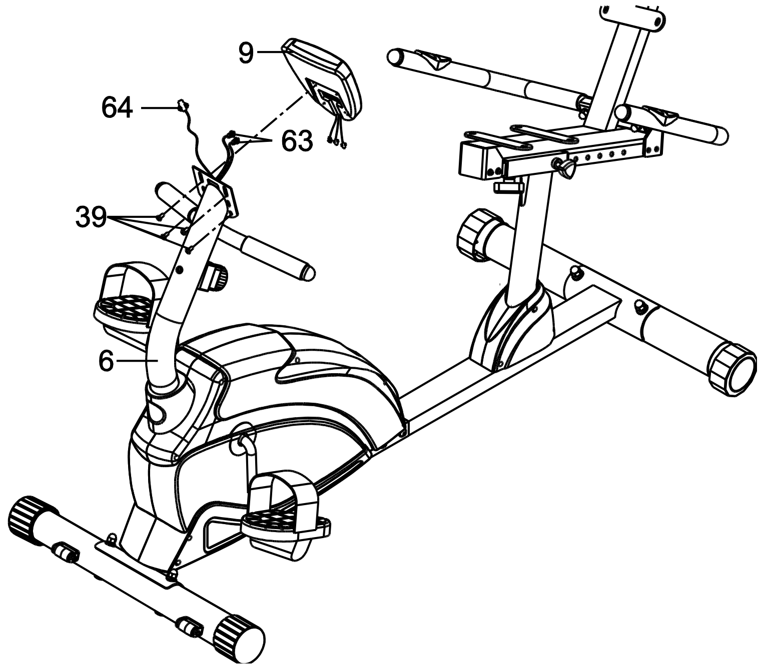
2 Curve Washers (Ø8)



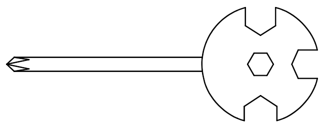
2 Washers (Ø8)



2 Cap Nuts (M8)



Tool:



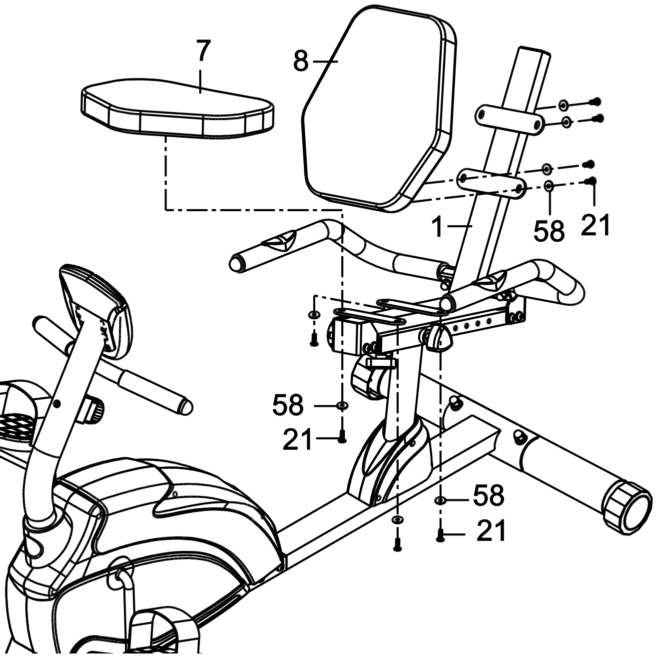
Multi Hex Tool with Phillips Screwdriver

5. Computer Installation

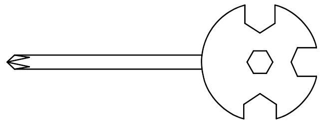
Remove four M5x10 Bolts (39) from the Computer (9). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Connect the Extension Wires (63) and Extension Sensor Wire (64) to the wires that come from the Computer (9). Tuck wires into the Front Handlebar Post (6).

Attach the Computer (9) onto the top end of the Front Handlebar Post (6) with four M5x10 Bolts (39) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



Tool:



Multi Hex Tool with Phillips Screwdriver

6. Seat and Back Cushions Installation

Remove eight M6x15 Bolts (21) and eight Ø6 Washers (58) from the back of the Seat and Back Cushions (7, 8). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided. Then attach the Seat and Back Cushions (7, 8) onto the Back and Seat Support Bracket (1) with eight M6x15 Bolts (21) and eight Ø6 Washers (58) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER



SPECIFICATIONS:

TIME -- 0:00-99:59 MIN: SEC
SPEED -- 0.0-999.9 MPH
DIST (DISTANCE) ---------------------------------0.0-999.9 MILE
CAL (CALORIES) ----------------------------------0.0-999.9 KCAL
ODO (ODOMETER) -------------------------------0.0-999.9 MILE
♡ (PULSE) --- 40-240 BEATS/MIN

BUTTON FUNCTIONS:
MODE: Press MODE button to select each function of computer.
Press and hold MODE button for 3 seconds, all data values will clear to zero except the ODO (ODOMETER) data values.

SET: Press SET button to set data values of TIME, DISTANCE, CALORIES, or Pulse for target presetting.

RESET: Press RESET button to clear data values of TIME, DISTANCE, or CALORIES to zero.
Press RESET button to clear data values of TIME, DISTANCE, CALORIES, or Pulse to zero for target presetting.
Press and hold RESET button for 3 seconds, all data values will clear to zero except the ODO (ODOMETER) data values.

COMPUTER FUNTIONS:
AUTO ON/OFF: When you start to exercise or press any key on the computer, the computer will turn on. If you leave the equipment for 4 minutes, the power will turn off automatically.

SCAN: Press MODE button until the screen displays a flash SCAN; the computer will automatically scan the function of TIME, SPEED, DIST (DISTANCE), CAL (CALORIES), ODO (ODOMETER), and ♡ (PULSE) every 6 seconds.

TIME: Press MODE button until the screen displays TIME; the computer will display your elapsed workout time in minutes and seconds. When you start to exercise, time starts counting up from 0:00 to 99:59 minutes per 1 second increment. You may also preset target time before training. Press MODE button to select TIME function and then press SET button to preset target time. Press RESET button to clear the target values of TIME to zero. The preset target time range is from 0:00 to 99:00 minutes. Once you preset target time and then start to exercise, time starts counting down from preset target time to 0:00 per 1 second backward. When the preset target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

SPEED: Press MODE button until the screen displays SPEED; the computer will display the current training speed.

DIST (DISTANCE): Press MODE button until the screen displays DIST; the computer will display the accumulative distance traveled during workout. When you start to exercise, distance starts counting up from 0.0 to 999.9 miles per 0.1 mile increment. You may also preset target distance before training. Press MODE button to select DIST function and then press SET button to preset target distance. Press RESET button to clear the target values of DISTANCE to zero. The preset target distance range is from 0.0 to 999.0 miles. Once you preset target distance and then start to exercise, distance starts counting down from preset target distance to 0.0 per 0.1 mile backward. When the preset target distance counts down to 0.0, distance will start to count up immediately and the computer will begin beeping to remind you.

CAL (CALORIES): Press MODE button until the screen displays CAL; the computer will display the total accumulated calories burned during workout. When you start to exercise, calories start counting up from 0.0 to 999.9 calories. You may also preset target calories before training. Press MODE button to select CAL function and then press SET button to preset target calories. Press RESET button to clear the target values of CALORIES to zero. The preset target calories range is from 0.0 to 999.0 calories. Once you preset target calories and then start to exercise, calories start counting down from preset target calories to 0.0. When the preset target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

ODO (ODOMETER): Press MODE button the screen displays ODO; the computer will display the total accumulative distance traveled. The data values of ODO can not be clear to zero by pressing and holding MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the ODO data values will clear to zero.

♡ **(PULSE):** Press MODE button until the screen displays a ♡ symbol; the computer will display your current heart rate figures after you hold both two hands on handlebar grip sensors during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.
You may also preset target heart rate before training. Press MODE button to select ♡ PULSE function and then press SET button to preset target heart rate. Press RESET button to clear the target heart rate to zero. The preset heart rate range is from 40 to 240 beats/minute. Once you preset target heart rate and then start to exercise, please hold both two hands on handlebar grip sensors during exercise. If the heart rate detected greater than the target heart rate, the computer will begin beeping to remind you.

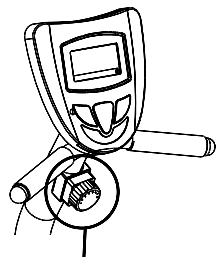
HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover at the rear of computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial legible, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS

Adjusting the Tension Control Knob

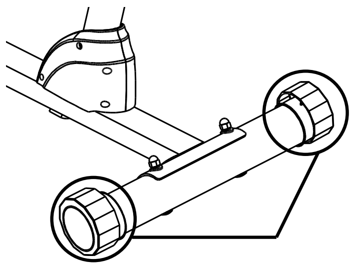
To increase the load, turn the tension control knob in a clockwise direction.
To decrease the load, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Rear Stabilizer End Cap

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the elliptical trainer.

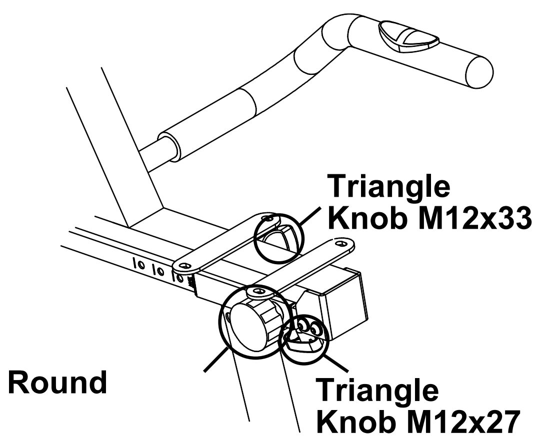


Rear Stabilizer End Cap

Adjusting the Seat Forward or Back

Release the both triangle knobs from the rear main frame. Turn the round knob in a counterclockwise direction until it can be pulled out. Pull out the round knob and then slide the back and seat support bracket back or forth direction to the suitable position. Lock the back and seat support bracket in place by releasing the round knob and sliding the back and seat support bracket back or forth slightly until the round knob "pops" down into the hole of the seat sliding tube. For added safety, tighten the round knob and both triangle knobs in a clockwise direction.

NOTE: When adjusting the seat back or forth direction, make sure the bushing does not exceed the mark line on the seat sliding tube.



MAINTENANCE

Cleaning

The recumbent bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the recumbent bike after each use. Be careful not get excessive moisture on the computer display panel as this
might cause an electrical hazard or electronics to fail.

Please keep the recumbent bike, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

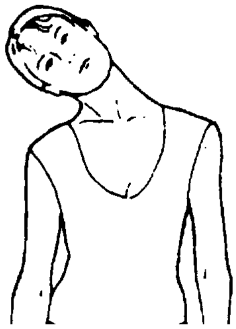
Storage

Store the recumbent bike in a clean and dry environment away from children.

TROUBLESHOOTING

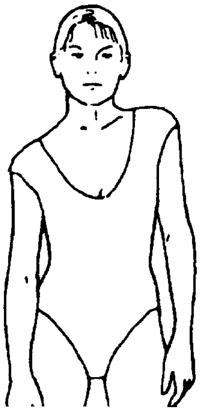
WARM UP

The **WARM-UP** is an important part of any workout. You should begin every session by stretching your muscles to prepare your body for more strenuous exercise. This will help increasing your circulation and pulse rate, and deliver more oxygen to your muscles.



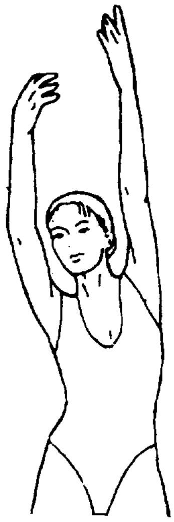
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



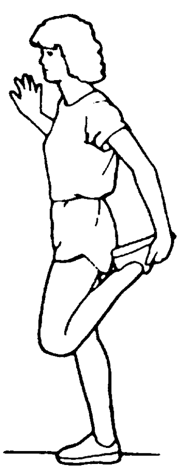
SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



QUADRICEPS STRETCH

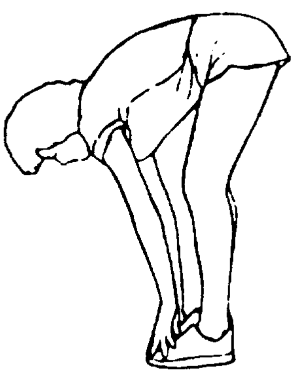
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

:OBLEM	SOLUTION
ke wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the recumbent bike.
There is no display on the computer console.	1. Remove the computer console and verify the wires that come from ... console are properly con... wires that come from the ... post. 2. Check if the batteries are positioned and battery sp... proper contact with batte... 3. The batteries in the comp... y be dead. Change to ne...
rt rate reading or heart rate r... atic / inconsistent.	1. Make sure that the wire ... the hand pulse sensors a... 2. To ensure the pulse reac... precise, please always h... handlebar grip sensors w... instead of just with one hand only when you try to test your heart rate figures. 3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
bike makes a squeaking r... se.	The bolts may be loose on the recumbent bike, please inspect the bolts and tighten the loose bolts.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.





TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

PARADIGM

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